

5 easy ways to keep hunger at bay



Does it feel like your stomach is always rumbling, even after you've just eaten?



FILL UP ON PROTEIN Protein satisfies hunger, so try to include some lean protein at each meal and snack. You can also add Protein Drink Mix to your shake, or Personalized Protein Powder to food or beverages, to increase its protein content.

Do you often grab snacks out of boredom?



DRINK MORE H₂O Drinking 8 glasses of water per day with or in between meals can help you feel fuller. The same goes for watery, high-fiber foods like grapefruit, which take up more space in your stomach.

These five tips will help you conquer that constant urge to eat.



GET MOVIN' Exercise can suppress hunger hormones, which helps to curb appetite. Just make sure to properly fuel up before and after your workout.



EAT SMALLER, MORE FREQUENT MEALS Eating small meals every few hours helps to stabilize your blood sugar levels – leaving you less prone to hunger spikes.



NOURISH, NOURISH, NOURISH Eating foods that are packed with nutrients will fill you up faster, while keeping your body functioning at its best.